

## ***THE EFFECT OF LIFE REVIEW THERAPY ON DEPRESSION IN THE ELDERLY AT UPT ELDERLY SOCIAL SERVICE BINJAI PROVINCE OF SUMATERA UTARA 2021***

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### **ABSTRACT**

*Life review therapy is one of therapy to reducing depression, building confidence, psychological well-being, and contentment in elderly life. Purpose of this study was to analyze the effect of life review therapy on depression in elderly at Binjai erderly social service unit Province of North Sumatera 2021. This research method uses one-group pretest – posttest design. The sampling Technique was purposive sampling, with a sample of 30 respondents. The measuring instrument used by the Geriatric Depression Scale questionnaire. The results showed that the score before life review therapy is 7,20 (SD=2,592), and after life review therapy 4,13 (SD=2,825). Statistical test results show the life review therapy affected depression in elderly at Province North Sumatera Binjai erderly social service unit with paired t-test,  $\rho$  value = 0,001. This research is expected to be an alternative to reducing depression, improving well-being and quality of elderly life.*

**Keywords:** *Life Review Therapy, Depression, Elderly*

### **1. BACKGROUND**

An increase in life expectancy has resulted in an increase in the elderly population. This has an impact on increasing the need for elderly care. Elderly is someone who has reached the age of 60 and over and is part of the community who is at risk of experiencing a decline in health. Health changes that occur in the elderly include: physiological changes, decreased function, affective disorders, cognitive disorders, and psychosocial disorders (Emilyani and Dramawan, 2019).

Physiological changes that occur in the elderly include: sagging skin, reduced hearing and vision functions, easy fatigue, and susceptibility to diseases such as hypertension, gout, rheumatism and other diseases. Functional changes in the elderly refer to decreased ability and daily activities. Cognitive changes can be in the form of memory loss, and a psychological disorder that often occurs in the elderly is depression (Putri, Fitriana and Ningrum, 2018).

Data from World Health Organization (2018) shows that the number of elderly people over the age of 80 is estimated at 125 million people. In the United States there is an increase in the number of elderly people as many as 35 million adults aged over 65 years, the number reaching 12.4% of the entire population. Of the entire elderly population in the world, 53% are

in Asia. Until now, the population in 11 WHO member countries in the Southeast Asia region who are over 60 years old is 142 million people, and is expected to continue to increase up to 3 times in 2050 (Fatimah, 2018).

In 2017 there were 23.66 million elderly people in Indonesia. There are 19 provinces in Indonesia that have an elderly population structure (55.88%). The three provinces with the highest percentage of elderly people are DI Yogyakarta (13.4%), Central Java (11.8%) and East Java (11.5%). Meanwhile, the three provinces with the smallest percentage of elderly people were Papua (2.8%), West Papua (4.0%) and Riau Islands (4.0%), while in North Sumatera alone there were (6.8%) (Kemenkes RI, 2017).

The increasing number of elderly people in Indonesia is not without problems. One problem that often arises in the elderly is depression. Depression is an emotional symptom that is generally characterized by sadness, feelings of worthlessness and guilt, withdrawal from the environment, insomnia, loss of appetite, sexual desire, and interest and pleasure in usual activities. Depression in the elderly can be caused because the elderly are abandoned by their children who have formed families and live in separate homes or cities, quit their jobs (retirement so that contact between co-workers is lost or reduced),

setbacks in various activities (because they rarely get together with friends), the elderly are less involved in various activities, abandoned by loved ones, for example spouses, children, siblings, friends and others. The elderly will feel lonely if they live alone, without children, have a declining health condition, have a low level of education, and are not confident in various problems, so depression will arise (Maulina, 2019).

The elderly who live in nursing homes and the elderly who live with their families at home have different levels of depression. Depression in the elderly in nursing homes is higher because it is influenced by a lack of support system, age factor, education level, health status and lack of activity of the elderly. The living environment is important because it has a role in the quality of life of the elderly. The elderly who live at home with their families physically and psychologically have higher satisfaction than the elderly who live in nursing homes. Elderly living in nursing homes will experience various changes and losses that can cause depression (Pae, 2017).

One way to treat depression in the elderly is with therapy. The therapy used to overcome problems in the elderly is modality therapy which aims to change mal adaptive behavior to be adaptive. Therapeutic modalities used to treat depression in the elderly are cognitive or behavioral therapy or Cognitive Behavioral Therapy (CBT), Reminiscence Therapy (RT), and a combination of Interpersonal Psychotherapy (IPT), medication and Life Review Therapy (Budiarti, 2016).

Life Review Therapy (life experience review therapy) is one of the modality therapies that can be given to the elderly which is defined by the American Psychological Association (APA) as a therapy that uses a person's life history (written, oral, or both) to improve psychological well-being, and generally this therapy is often used for people who are older. Life review therapy is a therapy that aims to stimulate individuals to think about the past, so that the elderly can express more about their lives to care staff or therapists (Maulina, 2019).

Research from Yani and Febiansyah (2018) found that there was an effect of giving life review therapy on the level of depression in the elderly at the Mojopahit Mojokerto Nursing Home. The elderly experienced a decrease in depression levels, where the depression level of respondents before the intervention who experienced major depression was 10 people.

After the intervention was carried out to respondents who experienced moderate depression 5 respondents and 5 respondents with mild depression. Life review Therapy can increase the socialization of the elderly with their environment because this modification therapy is deliberately made so that the elderly are not only able to recall their past, but also the elderly can interact and socialize with their surroundings again.

## 2. METODE

The purpose of this study was to determine the effect of life review therapy on depression in the elderly at the UPT Social Services for the Elderly Social Service Binjai, Province of Sumatera Utara. The research design used in this study was a pre-experimental design with a one-group pretest – posttest design. The sample in this study were 30 elderly people at the UPT Social Service for the Elderly of the Binjai Social Service, Province of Sumatera Utara. The sampling technique in this study was by purposive sampling technique. Bivariate data processing with Paired Sample T-test.

## 3. RESULT AND DISCUSSION

**Table 1. Distribution and Frequency of Characteristics Respondent Based on Depressed Clients at UPT Social Services for Elderly Social Services Binjai Social Service, Province of Sumatera Utara, 2021 (n=30)**

Characteristics	F	%
<b>Age</b>		
60-74	23	75
75-90	6	20
>90	1	5
<b>Gender</b>		
Male	10	30
Female	20	70
<b>Education</b>		
Elementary School	9	30
Junior High School	11	35
Senior High School	8	25
Diploma	1	5
Bachelor	1	5
<b>Status Perkawinan</b>		
Not married	4	15
Married	26	85
<b>Total</b>	<b>30</b>	<b>100</b>

The table above shows that there were 23 respondents aged 60-74 (75%), 6 persons aged 75-90 (20%) and 1 person (5%) aged >90 years. Respondents were 10 men (30%) and 20 women (70%). Respondents with elementary education were 9 people (30%), junior high school students were 11 people (35%), senior high school students were 8 people (25%), Diploma was 1 person (5%) and

**Table 2. Distribution of Respondent pre intervention life review therapy at UPT Social Services for Elderly Social Services Binjai Social Service, Province of Sumatera Utara, 2021 (n=30)**

No	Category	N	Min	Max	Mean	SD	CI 95%
1	Pre_test	30	3	11	7,20	2,592	6,23-8,17

Bachelor was 1 person (5%). Respondents who were not married were 4 people (15%) and who were married were 26 people (85%)

Table 2 shows that from 30 respondents, the mean depression in the elderly before the intervention was 7.20 with an SD of 2.592. The lowest score is 3 and the highest score is 11. The results of interval estimation at the 95% confidence level believe that the average depression score of the elderly at the UPT Social Service Elderly Social Service Binjai before the intervention is 6.23-8.17. The results from 30 respondents showed that before being given life review therapy, 30 respondents (100%) experienced depressive disorders. Most of the elderly have depressive disorders because most of them have left many activities and interests or pleasures (27%), think that other people's lives are better than theirs (20%), often feel bored (19%), have no enthusiasm. good all the time (19%), feel helpless (17%), fear that something bad will happen (16%), and feel that their situation is hopeless (16%). According to Kholifah' research (2016), this is because several things can happen due to age, nutrition or food, health status, life experience, environment, and stress.

The results of this study indicate that depression is caused mostly due to the age factor which can be seen from the results obtained by the average researcher who is depressed aged  $\geq 60$  years. According to Bau and Banudi (2017), age has a major influence on depression because elderly is a condition characterized by the failure of living things to maintain balance (homeostasis) against physiological stress conditions. Depression in the elderly is due to the fact that naturally old age has decreased both in terms of biology and mentality and this is inseparable from economic, social and cultural problems. Painful experience, a feeling of hopelessness, feeling depressed to the point of helplessness and experiencing environmental stress.

According to WHO (2017) depression is a common mental disorder characterized by depressed mood, loss of pleasure, persistent sadness and loss of interest in activities normally enjoyed, accompanied by an inability to carry out daily activities, for at least two weeks.

According to Maulina (2019), suggests that depression in the elderly can be caused because the elderly are abandoned by all their children who have formed families and live in separate homes or cities, quit their jobs (retired so that contact between co-workers is lost or reduced), setbacks in various activities (because we rarely get together with friends), lack of involvement of the elderly in various activities, being abandoned by people we love, for example spouses, children, siblings, friends and others. Loneliness is felt by the elderly if they live alone, without children, have a declining health condition, have a low education level, and are not confident in various problems, so depression will arise.

Livana Ph, et al. (2018), in his research on the depression level of the elderly in Bandengan Village, Kendal Regency, showed that the majority of elderly people were in the age range of 60 to 74 years, namely 98 people or 86.7%, while those aged 75 to 90 years were 15 (13.3%). According to Kholifah (2016) the elderly cannot avoid the natural and gradual aging process.

The National Commission for Elderly (2010) also stated that this degenerative condition makes the elderly more vulnerable to illness, including depression. Research conducted in Monroe County New York by Lyness et.al (2019) proved that seniors aged 65 years and over have a higher risk of suffering from depression when compared to seniors aged 65 years.

Researchers assume that elderly people aged  $\geq 60 - 70$  years (75%) at the UPT Social

Services for the Elderly Social Service of Binjai are more prone to depression due to the aging process that occurs in the elderly. Elderly who have a long life, have coping mechanisms and the ability to adapt to physical and psychological stressors are more adaptive. This is because psychologically trained coping can prevent depression. In addition, the elderly also experience life changes (retirement, illness or physical disability, placement in a nursing home and death of a spouse) thereby increasing the level of depression in the elderly. So far, efforts have been made to overcome the problem of depression or reduce depression at the UPT Social Services for the Elderly at the Binjai Social Service by using drugs to reduce the level of depression in the elderly.

**Table 3. Distribution of Respondent post intervention life review therapy at UPT Social Services for Elderly Social Services Binjai Social Service, Province of Sumatera Utara, 2021 (n=30)**

No	Category	N	Min	Max	Mean	SD	CI 95%
1	Post_test	30	0	9	4,13	2,825	3,08-5,19

Table 3 shows that from 30 respondents, the mean depression in the elderly after the intervention was 4.13 with an SD of 2.825. The lowest score is 0 and the highest score is 9. The results of interval estimation at the 95% level of confidence believe that the average depression score of the elderly at the UPT Social Service Elderly Social Service Binjai after the intervention is 3.08-5.19.

This is consistent with the study of Aryawan et al., (2018) which found that the average (mean) depression score for the elderly before being given a life review therapy modality was 19.36, and the average (mean) depression score for the elderly after being given a life review modality therapy from is 17.

According to Maulina (2019), Life review therapy is a therapy that aims to stimulate individuals to think about the past, so that the elderly can tell more about their lives to treatment staff or therapists. Ayuni (2014) told that when recalling previous life experiences, the symptoms being experienced will gradually disappear, so that deep feelings of peace and comfort will reappear

According to the results of the study by Holvast et al. (2017) that life review therapy is a non-pharmacological therapy that can be used in elderly people who experience depression. This is supported by the results of a study by Westerhof et al, (2010) that life review therapy can help depressed elderly people find meaning in their lives. Meanwhile, according to Sharif et al. (2018), that life review therapy interventions can improve the quality of life of elderly people who experience depression.

In Yani and Febiansyah's study (2018) there was an effect of giving life review therapy on the level of depression in the elderly at the Mojopahit Mojokerto Nursing Home. The elderly experienced a decrease in depression levels, where the depression level of respondents before the intervention who experienced major depression was 10 people. After the intervention was carried out to respondents who experienced moderate depression 5 people and 5 people mild depression. Life review Therapy can increase the socialization of the elderly with their environment because this modification therapy is deliberately made so that the elderly are not only able to recall their past, but also the elderly can interact and socialize with their surroundings again.

Researchers assume that life review therapy can reduce the level of depression in the elderly. Where after the elderly tell their past experiences, namely: telling family members, activities with family, loved family members, jobs that have been done and most liked, making the elderly feel calmer, more comfortable and able to socialize with their environment so that the quality of life of the elderly increases. This illustrates that the elderly who are given life review therapy are able to adjust to the changes in life they are experiencing.

**Table.4. The effect of life review therapy on depression in the elderly at UPT Social Services Binjai Social Service, Province of Sumatera Utara in 2021 (n=30)**

No	Category	N	Min	Max	Mean	SD	CI 95 %	P value
1	Pre_test	30	3	11	7,20	2,592	6,23-8,17	0,001
2	Post_test	30	0	9	4,13	2,825	3,08-5,19	

Based on Table 4, it was found that 30 respondents had a mean depression before the intervention of 7.20 (95% CI = 6.23-8.17) with a standard deviation of 2.592 and after the intervention the average depression was 4.13 (95% CI = 3.08- 5.19) with a standard deviation of 2.825.

The results of the statistical test showed a  $p$  Value = 0.001, which means that life review therapy has an effect on reducing depression in the elderly at the UPT Social Services for the Elderly, Binjai Social Service, North Sumatra Province, in 2021.

The results of this study are in line with research (Maryati, 2020) which states that in carrying out life review therapy by providing opportunities for the elderly to express the problems that are most memorable for the elderly at every stage of the elderly's life which can change the mood disorders (depression) of the elderly to become more positive, so that the level of depression in the elderly decreases.

Life review therapy is a broad phenomenon as a description of the experience of events, in which a person will see quickly the totality of his life history. This therapy will bring a person closer to the reality of life. Life review therapy is a recall mechanism about events in the past so that it helps a person to activate long-term memory where past life will occur until now (Siti Nurul Hikmah, Rosalina, 2019).

The results of the study (Budiarti, 2016) show that from research data it was found that almost half (31.6%) of the elderly experienced moderate depression before being given therapy and experienced a decrease after therapy (97.4%) had mild depression. (Maulina, 2019) said that life review therapy can help a person become more familiar with the realities of life and activate long-term memory where a recall mechanism will occur about events from past life to the present, so that it can reduce depression, increase self-confidence, increase individual abilities. for daily activities and increase life satisfaction. This is supported by a statement from Schimelpfening (2018) that if someone feels valuable, it will increase dopamine levels in the body so that the level of depression decreases.

Researchers assume that there is an effect of life review therapy on depression in the elderly because with life review therapy the elderly are able to reveal their past experiences, so that the elderly recall the things that are very pleasant in their lives. The researcher also assumes that the elderly in the orphanage like to tell stories to their fellow elderly, with health students who practice field studies at the orphanage so that the elderly are able to establish good communication and socialization. Besides that, there are several other factors that cause depression in the elderly to decrease, one of which is when the elderly are visited by their families, get help from the government, and the existence of social service activities can make the elderly happy and happy.

#### 4. CONCLUSION

The results of the study with a total sample of 30 people found that there was an effect of life review therapy on depression in the elderly at the UPT Social Services for the Elderly Binjai, Province of Sumatera Utara in 2021. Overall it can be described as follows :

1. The average score for the depression level of the elderly before life review therapy was carried out at the UPT Social Services for the Elderly Social Services of the Binjai Social Service was 7.20 with a standard deviation of 2.592.
2. The mean score for the depression level of the elderly after life review therapy was carried out at the UPT Social Services for the Elderly Social Services of the Binjai Social Service was 4.13 with a standard deviation of 2.825.
3. There is a difference in the average depression score before and after life review therapy. Life review therapy has an effect on reducing depression in the elderly at the UPT Social Services for the Elderly Binjai, Province of Sumatera Utara ( $p$  Value = 0.001).

## 5. SUGGESTION

The results of the study with a total of 30 respondents regarding the effect of life review therapy on depression in the elderly at the UPT Social Services for the Elderly Social Services Binjai, Province of Sumatera Utara in 2021, it is suggested to :

1. For UPT Social Services for the Elderly Social Services Office of Binjai.  
Life review therapy can be used to help reduce depression in the elderly but needs to be given/arranged an implementation schedule so that this therapy can be carried out routinely.
2. For the Environment of STIKes Santa Elisabeth Medan.  
The results of this study can add information and become a useful reference for students of the College of Health Sciences about the effect of life review therapy on depression in the elderly.
3. For the next Researcher.  
Researchers suggest the need to conduct further research on the response to changes in the elderly after being given life review therapy with qualitative methods by digging deeper through open questions about the meaning of events or other events in life and the ability to solve problems at each stage of the elderly's life.

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